

Meditation for Emotional Balance



Sit in Easy Pose

Place your arms across the chest and lock hands under the armpits, palms open and against the body.

Raise the shoulders up tight reaching toward the earlobes Apply Neck Lock by tucking the neck in toward the chest with the spine straight.

Eyes are closed.

Concentrate on how the breath changes automatically in this position.

The breath will automatically become slow. Continue for 3-5 minutes. You can gradually increase the time to 11 minutes.

Pulling the shoulders up toward the ears and tightly locking the entire area creates a solid break to the four sides of the brain. After 2 or 3 minutes, thoughts will be there, but one does not feel them. This is a very effective method of balancing the brain.

To end, relax the hands down, sit quietly and enjoy your inner space of peace. You will notice that you have created a space independent of your rational mind. Your mind will still have thoughts and you can observe them, but you can choose to be in your peaceful space or neutral mind.